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**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.
Lifestyle Medicine Clinic. Stress Reduction Clinic**

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ELM Medicine - Stress Reduction Clinic

Childhood Wound Healing Exercise 2: Meet Your Inner 'Granny'

Instructions: Please write your answers in a journal for discussion (your choice), at your next session.

In this exercise, we will explore the deepest reality of your own self-love, whether you actually feel it or not:

1. Have you experienced your own "inner granny"?
2. When does she tend to rush to your side to soothe you? Note her language, gestures.
3. Will you be able to take note of her going forward?

I look forward to hearing your reflections and insights.

In closing, please take a moment to be compassionate towards yourself for completing this exercise. This can be heavy stuff.

Repeat the following 'Loving Kindness Meditation' 2-3 times, ideally in front of a mirror.

May I be safe
May I be strong
May I be free from inner and outer harm
May I be happy

Acknowledgement: Arti Wu.